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**LOUISIANA'S STATE PARKS CELEBRATE THE NEW YEAR
WITH *FIRST DAY* HIKES ON JANUARY 1, 2013**

Louisiana State Parks is sponsoring free guided hikes at two parks on New Year's Day as part of America's State Parks' *First Day Hikes* project. *First Day Hikes* offer individuals and families an opportunity to begin the new year rejuvenating while connecting with the outdoors by taking a healthy hike on Jan. 1. *First Day Hikes* offer a great way to get outside, exercise and enjoy nature with friends and family.

Park staff and volunteer will lead hikes at the following locations and times:

- Lake Bistineau State Park at 3 p.m., beginning at the boat launch. The hike will go out onto the lakebed of Lake Bistineau, to look at the abundant plant life that has reclaimed the lake bed since the drawdown. The terrain will also give participants a glimpse into what the terrain was like before the lake was built in the 1820s.
- Lake D'Arbonne State Park at 9 a.m., beginning at the Visitors Center. The hike will include about a mile of park trails and conclude with questions and answers at the Visitor Center. Park staff will make maps, clean-up supplies and information about the park available to participants. The event should last between one and two hours.

Details about hike locations, difficulty and length, terrain and tips regarding proper clothing are listed on the America's State Parks website. Visit www.americasstateparks.org to find a First Day Hike nearest you.

First Day Hikes originated over 20 years ago at the Blue Hills Reservation, a state park in Milton, Massachusetts. The program was launched to promote both healthy lifestyles throughout the year and year-round recreation at state parks. America's State Parks is committed to promoting outdoor recreation in state parks as a way to address obesity, especially among children.

For more information on Louisiana State Parks, visit www.LaStateParks.com.

- www.LouisianaTravel.com -